

WORRIED THE HOLIDAYS WILL WEIGH YOU DOWN?

Avoid holiday weight gain!

Register for the Maintain Don't Gain Challenge

- Weekly email full of tips to eat smart and move more and healthy holiday recipes
- Drawing for a prize for ALL who maintain their weight
- Go to the portal to Register!
- Take a picture of your starting weight on a scale and log your weight on the portal. Email your starting weight picture to Info@BalancedWellnessKY.com
- Enjoy the holiday season!
- Get a jump start on New Year's resolutions!

Maintain, don't gain!

HOLIDAY
Challenge



NOVEMBER 19 THROUGH DECEMBER 31